

FLIGHT JACKET

Marine Corps Merit Award winning newspaper

Vol. 12 No. 8

Marine Corps Air Station Miramar, Calif.

February 26, 2010

Raiders' detachment returns home after 7 months



Lance Cpl. Manuel F. Guerrero

Sgt. Benjamin G. Whalen, a collateral duty inspector with Marine Aerial Refueler Transport Squadron 352, walks with his wife, Miessina, and sons Bryce, 6, and Beckham, 2. More than 30 Marines from VMGR-352 returned home from a seven-month deployment to Afghanistan in support of Operation Enduring Freedom.

Corporals course comes to MCAS Miramar

Lance Cpl. Alexandra M. Harris

COMBAT CORRESPONDENT

Corporals now have the opportunity to learn about leadership, drill and other military skills at the new Marine Corps Air Station Miramar Corporals Course, which begins March 5.

Although the Marines organizing the course faced many challenges, there was support for it throughout the air station.

"The first challenge was finding the staff," said

Gunnery Sgt. Ryan Lincoln, the Headquarters and Headquarters Squadron gunnery sergeant. "We found a team that is going to work well together."

The instructors needed to be good examples of leadership for the Marines, he explained. Each of them will have a set of classes to teach and a squad of about 10 Marines to mentor throughout the course.

The course will have six instructors with Lincoln as

GO TO **COURSE**, PAGE 3

Students hit the pool for lifeguarding class

Lance Cpl. Steven H. Posy

COMBAT CORRESPONDENT

A 300-meter swim using three different strokes followed by a surface dive to retrieve a 10-pound object can be a challenging task, but for the students of the American Red Cross lifeguarding class, these are pre-requisites.

Marine Corps Community Services Miramar began an American Red Cross lifeguarding class at the 50-meter pool here Feb. 19.

"In order to succeed in this course, the participants must be physically and mentally prepared," said Ashley A. Ortego, an MCCS aquatic supervisor and class instructor.

The course consists of four classes and is open to all members of the community over the age of 15.

The students must pass three written exams with an average of 85 percent and perform Cardio Pulmonary Resuscitation and other live saving techniques during simulated emergency scenarios, said Ortego.

"The students learn how to apply first aid to victims who have drowned or received head and neck injuries, heat stroke along with other injuries, and are expected to apply these techniques on their last day when they are tested," said Ortego. "They are tested on everything that they learn."

A swimming background is necessary to succeed in the class, explained Ortego.

"I was looking for work and applying for jobs on base when I signed up for the class," said

GO TO **GUARD**, PAGE 3



Lance Cpl. Steven H. Posy

A student swims with a 10-pound brick during the 20-meter qualification of the MCCS sponsored American Red Cross Lifeguarding class at the 50-meter pool here Feb. 19. The students will be American Red Cross Certified lifeguards at the end of the course.

MCAS Miramar
Web site

www.miramar.usmc.mil



PRE-DEPLOYMENT TRAINING KEEPS ROLLING

Marines train in the Humvee Egress Assistance Trainer to prepare for vehicle rollovers during a deployment to Afghanistan. For full story see Page 3.



SENDING ROUNDS DOWN RANGE

Marines refresh machine gun skills in preparation for up coming deployment. For full story see Pages 5 and 6.

REACH US



EDITORIAL
858-577-6000

FLIGHT JACKET



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Thomas L. Conant**
Commanding General
3rd Marine Aircraft Wing



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Commanding Officer
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The Flight Jacket is published every Friday.
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The editorial content is edited, prepared and provided by the Public Affairs Office. Comments or questions should be directed to 858-577-6000.



Marines learn healthy cooking alternatives using microwaves

Lance Cpl. Steven H. Posy
COMBAT CORRESPONDENT

Time constraints and convenience are factors that can deter Marines from cooking their own meals, but with just a microwave, they can learn to prepare simple, healthy and delicious meals.

Semper fit hosted a microwave cooking class at The Great Escape here to teach Marines how to use their microwaves to cook healthy Jan. 28.

"It's a great way to educate the Marines in the barracks on how to eat healthy and save money at the same time," said D.J. McCluskey, recreation center manager at The Great Escape.

The class walks Marines through choosing what kinds of foods to buy, how to prepare them and how to cook them, explained McCluskey.

Marines gathered around a long table covered with plates of tortillas, rotisserie chicken, pasta, beans, turkey meatballs, sliced peppers, tomatoes, cheese, salad and condiments. They learned how to use these ingredients in a variety of dishes such as tacos, pizza, pasta salads, and

scrambled eggs.

"Its not just about healthy foods, its about foods that taste good, too," said Julie A. Burks, a Semper Fit dietitian at Marine Corps Community Services. "If it did not taste good, the Marines would not be interested in it."

The class encourages Marines to cook meals that are cheap and easy to prepare.

"Its very cost effective," said Burks. "You can really get a lot of variety without spending a lot of money."

The cost of each meal is approximately \$2.50, explained Burks.

"We show them that they can create their own meals and save money using fresh foods instead of eating fast foods," said Burks.

Most of the meals are prepared and cooked in less than thirty minutes, added Burks.

The two-hour class not only offers food, but is informative, fun, and provides a new perspective on the use of a microwave. The Great Escape, along with Semper Fit, offers the class twice per year. Marines can contact the Great Escape at 858-577-6171 for details.



Lance Cpl. Steven H. Posy

Julie A. Burks, a dietitian with Semper Fit at Marine Corps Community Services, teaches service members how to use their microwaves to cook healthy foods during a microwave cooking class at the Great Escape Jan. 28.

Religious Services

The Chaplain's Office, located in building 5632 on Bauer Road, coordinates regularly scheduled services. For the location and meeting schedules of religious activities, call 858-577-1333, or visit www.miramar.usmc.mil.

Sunday:

9 a.m. Protestant Worship Service
9:30 a.m. Protestant Children's Worship
11 a.m. Roman Catholic Eucharist

Religious Education/Sunday:

9:30 – 10:45 a.m. Catholic CCD Children K-12
10 a.m. Protestant Adult Bible Study

Weekday Worship Service:

Mon. – Fri. 11:30 a.m. Catholic Mass
Mon. 6:30 p.m. Contemporary Praise and Worship Service

Wed. 7 p.m. Baptist Service

Study Groups:

Mon. 7 p.m. Night Bible Study, Classroom in the Chapel area

Tues. 6 a.m. Morning Prayer Service and Study Group

Islamic Worship Service:

Fri. at noon.

Located in the Chapel or visit www.icsd.org

Jewish:

Jewish Outreach at 858-571-3444
www.jewishinsandiego.org

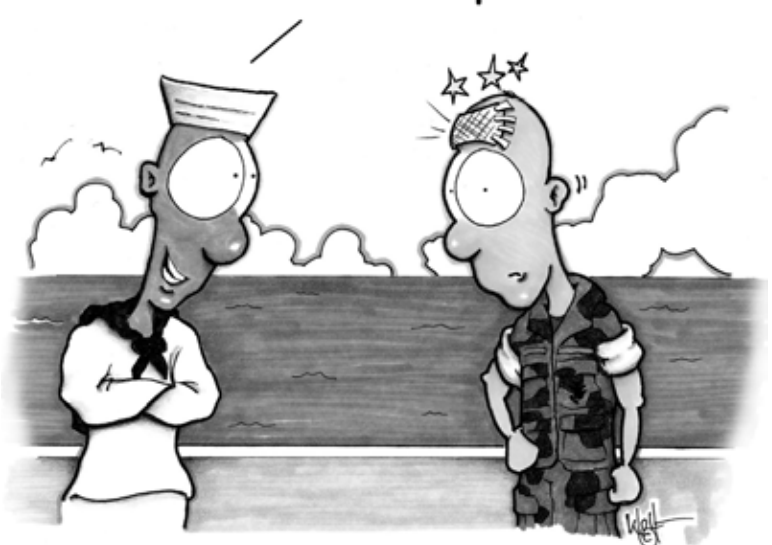
Flash media storage not authorized in government computers

MARADMIN (647/08) prohibits the use of removable flash media storage devices to include:

- Flash / Thumb drives
- Memory Sticks
- Camera Flash Memory Cards
- Any Portable Firmware Storage Device

SemperToons: Created by GySgt C. F. Wolf (USMC Ret.)

"First time on ship Marine?"



www.sempercartoons.com

Trainer turns up 'HEAT' during humvee rollover training

**Lance Cpl.
Justis T. Beauregard**
COMBAT CORRESPONDENT

MARINE CORPS BASE CAMP PENDLETON, Calif. — Taking a tumble trapped inside the crowded cockpit of a humvee can be deadly, but with the proper training, Marines can have a leg up if their legs go up in a rollover.

Marines from Marine Wing Headquarters Squadron 3, 3rd Marine Aircraft Wing, 1st Marine Expeditionary Force, traveled to Marine Corps Base Camp Pendleton, Feb. 9, to take on the Humvee Egress Assistance Trainer - a mandatory requirement for all deploying Marines.

The trainer is a simulated up-armored humvee that can flip left and right, then stop sideways and upside down. Four disoriented

Marines must find an unlocked door, exit the humvee and provide 360 degree security.

"It is a good experience to be in a flipped humvee," said Sgt. Amanda Anibas, the MWHs-3 staff section administration chief. "I didn't know what was up and what was down until I unlatched my seatbelt."

Marines completed the training in flack jackets, kevlar, training rifles, elbow pads and knee pads. The participants held tightly on to their rifles while the humvee spun to keep them from becoming dangerous projectiles.

The training also enforces Marine Corps Order 5100.19E, that states all Marines must wear seatbelts.

"This training can save lives," said Cpl. Travis Taber, the HEAT instructor for MWHs-3. "Some of the Marines who died

in rollovers may not have had the experience of HEAT training to reinforce that the seatbelts are not a hindrance, but a life saver."

Marines had to work together to complete the training. In some scenarios Marines are told they have injuries varying from broken arms to unconsciousness.

"I usually pick the biggest Marines in the group and give them two 'broken legs' so the Marines have to use teamwork and communication to get the injured Marine out of the humvee trainer," said Taber.

Training is no laughing matter for these Marines especially when it could save them or their fellow devil dogs in an actual roll over. This training was just a glimpse of a true combat killer that all Marines must prepare to face.



Lance Cpl. Justis T. Beauregard

Cpl. Travis Taber, the Humvee Egress Assistance Trainer instructor for Marine Wing Headquarters Squadron 3, 3rd Marine Aircraft Wing, 1st Marine Expeditionary Force, flips a simulated humvee upside down during MWHs-3's HEAT training at Marine Corps Base Camp Pendleton, Feb. 2. The Marines participated in the training to increase their chances of surviving a rollover.

EOD keeps skills sharp during national incident test



Lance Cpl. Manuel F. Guerrero

An Explosive Ordnance Disposal "Talon 4" from Marine Corps Air Station Miramar's EOD Team approaches a suspicious package during a national incident management skill test for the EOD Team aboard the air station. The suspicious package contained a fake powder substance. The exercise also tested the Provost Marshal's Office readiness and how fast Headquarters and Headquarters Squadron Marines evacuated the building.

GUARD,

CONTINUED FROM PAGE 1

Kirk McGinty, a student of the class. "I have always been a good swimmer."

Students must attend and pass all four classes to be issued

a certification.

"The certification is universal and can be used almost anywhere," said Kirra N. Heathman, a lifeguard and swim instructor with MCCA.

Having a certification is a great opportunity for active

duty members to find work and to add to their life saving skills, explained Ortego.

The classes run Feb. 14 through March 28 and are open to active duty military and civilians. To register, call the 50-meter pool at 858-577-4137.

COURSE,

CONTINUED FROM PAGE 1

the chief instructor.

"The second challenge was finding a place in which to house us," said Lincoln. "You want to have a routine when instructing. It fosters a better learning environment."

The course does not have a permanent home but most of the classes will be held at building 8671. Other training will take place in various locations, such as East Miramar.

The Marines also had the challenge of reviewing the entire corporals course curriculum and deciding what the air station's course needed.

The instructors chose six areas of focus: administration, training, communications, leadership, professional skills and operations. One of the main themes they increased in the air station's course was leadership training, explained Lincoln. Overall, the course includes 140 hours of instruction.

MCAS Miramar's primary need for a corporals course was convenience for the Marines attending.

"There's really no reason why we can't have a corporals course here," said Lincoln. "It makes it easier on the Marines when they don't have to move an hour away."

It's nice that family members will be closer while the Marines attend the course, explained Cpl.

Jorge Hernandez, a legal service specialist who is attending the course.

Marines got ready for the course by preparing their uniforms, reviewing knowledge, practicing drill and working out.

"I think the course is motivating," said Hernandez. "I like to learn. I think drill is going to be the most difficult part but I like the challenge. I'm glad to try something new and different."

The first group, made up of more than 15 Marines, is from the air station's Headquarters and Headquarters Squadron. The upcoming courses will be open to Marines from all squadrons and to Marines from different Marine Corps installations.

Marines interested in attending the next course need to have one year left on their contract, a completed checklist, meet height and weight standards, be medically qualified, have all required uniforms and finish their Marine Corps Institute courses.

The Marines worked hard to make the MCAS Miramar Corporals Course a reality, and their steadfast dedication will give many corporals a chance to attend a close-to-home corporals course for the first time.

For more information on the MCAS Miramar Corporals Course, contact Lincoln at 858-577-1007.

‘Flying Tigers’ practice ground, air-threat reaction



Lance Cpl. Steven H. Posy

A CH-53E “Super Stallion” from Marine Heavy Helicopter Squadron 361 flies over the mountains of Marine Corps Air Station Yuma, Ariz., during a ground-threat simulation training exercise Feb. 11. The squadrons practiced troop insertions and extracts in enemy territory while reacting to small arms fire.

Lance Cpl. Steven H. Posy

COMBAT CORRESPONDENT

MARINE CORPS AIR STATION YUMA, Ariz. – Two AH-1W Super Cobras from Marine Light Attack Helicopter Squadron 369 at Marine Corps Base Camp Pendleton escorted two CH-53E “Super Stallions” from Marine Heavy Helicopter Squadron 361 as they reacted to simulated ground threats while flying over the mountains of Marine Corps Air Station Yuma, Ariz., Feb. 11.

The training which took place over the mountains of Yuma, combined the pilots and crews from different squadrons to simulate a combat mission.

“This training allows us to react to different types of threats during our mission,” said Cpl. Evan R. Shelton, a crew chief with HMH-361. “It prepares our squadrons for conditions in Afghanistan.”

The mission is to conduct evasive maneuvering while reacting to simulated small arms fire

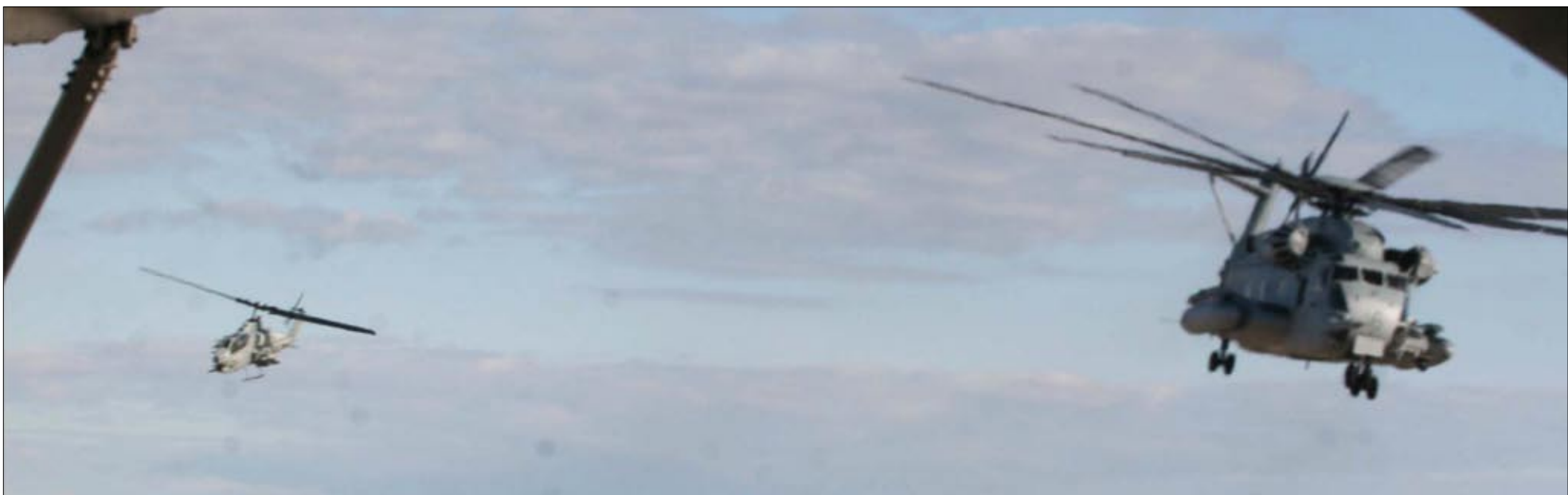
from enemy personnel during platoon insertion and extractions, explained Shelton.

“The Cobras provided fire and close-air support while escorting the CH-53’s on their mission,” said Capt. Jason E. Mitchell, a pilot with the squadron. “The Cobras clear the objective area of any threat on the ground or in the air.”

The training integrates the pilots and crews from different squadrons and allows them to practice working together. This type of integration requires more planning between the squadrons, explained Mitchell.

“It is good training for the pilots and crew, and we gain experience which better prepares us for missions in Afghanistan,” said Mitchell. “It is important for us to get used to working with different squadrons.”

The mountainous terrain presents a similar environment that is found in Afghanistan, and the training will ensure that the pilots and crew of HMH-361 will be prepared to carry out their future missions.



Lance Cpl. Steven H. Posy

An AH-1W “Super Cobra” from Marine Light Attack Helicopter Squadron 369 from Marine Corps Base Camp Pendleton, Calif., escorts a CH-53E “Super Stallion” from Marine Heavy Helicopter Squadron 361, during a ground-threat simulation training exercise over the mountains of Marine Corps Air Station Yuma, Ariz., Feb. 11.

VMFA(AW)-121 escorts UC-35, simulates fighting enemy aircraft

Lance Cpl. Alexandra M. Harris

COMBAT CORRESPONDENT

Four F/A-18 fighter jet crews with Marine All-Weather Fighter Attack Squadron 121 simulated fighting enemy aircraft as they performed an escort mission over eastern California Feb. 17.

The three-hour flight was part of the squadron’s training for their upcoming deployment to Japan in March.

The training involved “blue,” or friendly, jets escorting a Marine Corps UC-35 passenger jet, and defending it from “red,” or enemy, jets. The mission simulated a VIP escort which could include a general officer or an entire medical staff.

Timing was very important to this training, explained Capt. Matthew Klobucher, a weapons and sensors officer

with VMFA(AW)-121, Marine Aircraft Group 11, 3rd Marine Aircraft Wing, I Marine Expeditionary Force. The red jets had to take off later because the UC-35 travels slower than the F/A-18s.

The blue jets used a tactic called “drag-to-defend.” The tactic involved the blue jets attempting to defeat the red jets by taking shots at the enemy and flying away.

Once the blue jets came too close to the UC-35, or protected asset, they had to turn and face the red jets head-on. The blue jets tried to maintain a 40 to 50 mile distance in front of the UC-35.

It is rare that the crews are actually able to escort an aircraft, explained Klobucher. Usually they simulate it, which is not the same as judging the distance between all of the aircraft continuously.

The blue aircraft flew at about 30,000 feet to keep a

weapons advantage, and the red aircraft flew between 5,000 and 40,000 feet.

“It was a valuable experience for us because we had another aircraft out there,” said Klobucher. “We had to continue judging the distance between the jets. It was important because we need to be able to defend ourselves in air-to-air tactics.”

The training was a success because none of the blue jets were “lost” and they “defeated” all the red jets.

The squadron performs escort training for a small portion of their overall training missions. The crews perform the air-to-air engagements for about half of their training missions.

The crews of VMFA(AW)-121 continue to perform their training missions to ensure the safety of the squadron and all they are entrusted to protect.

MARINES SIGHT IN ON UPCOMING DEPLOYMENT



Lance Cpl. Joshua J. Martin, an aviation radio technician with Marine Tactical Air Command Squadron 38 sets up a PRC-117 radio before the rest of the MTACS-38 Marines enter the range at Marine Corps Base Camp Pendleton, Feb. 17.

**Story and Photos by
Lance Cpl. Manuel F. Guerrero**
COMBAT CORRESPONDENT

**MARINE CORPS BASE CAMP
PENDLETON, Calif.** – Before Marines go overseas, they must sharpen basic combat skills to be ready for deployment.

More than 100 Marines from Marine Tactical Air Command Squadron 38 traveled to Marine Corps Base Camp Pendleton to participate in their final Battlefield Zero exercise for their deployment to Afghanistan in support of Operation Enduring Freedom.

The BZO exercise helped the Marines fine tune their M-4 or M16-A2 service rifles by shooting dozens of rounds on targets 36 feet away. After the last rounds were fired, the Marines' shot groups were tight and centered on the black.

Before the MTACS-38 Marines conducted the final BZO exercise, they participated in their Mission Rehearsal Exercise, a three-week exercise, which gets them ready for deployment.

"It's always important for them to pick up these skills again because they are basic Marine skills they need to know," said Staff Sgt. Andrew

W. Lundgreen, who will be the training officer for MTACS-38 during the deployment. "The training is essential for the deployment."

The MTACS-38 Marines also refreshed their skills on the .50 caliber and M240B machine guns with classes and practical application, two weapons they weren't familiar with using. After receiving several tutorials on the weapons, they got a chance to use their skills on the range. The Marines fired more than 1,000 rounds from each weapon. For many of them, it was the first time firing the different weapons systems.

"It was a lot of fun firing the weapons," said Lance Cpl. Steven R. Weinberg, an operations clerk with the squadron. "I learned how to function check it, and it's good to learn how to use them."

Although the role of Marines will be to provide air support to ground units with their Tactical Air Command System this coming deployment for a year, the more skills they know, the more they can do during deployment, added Lundgreen.

With the added training and preparation, the MTACS-38 Marines will be prepared to face the challenges while deployed as well as have additional skills if they are called upon to do so.



Marines with Marine Tactical Air Command Squadron 38 fire an M240B machine gun during the squadron's pre-deployment exercise, Feb. 17. More than 100 Marines will deploy with the squadron throughout the year in support of Operation Enduring Freedom.

Miramar men's basketball team play for Las Vegas West Coast Championship

Lance Cpl. Steven H. Posy

COMBAT CORRESPONDENT

The men's basketball team aboard Marine Corps Air Station Miramar played in the annual Las Vegas West Coast Championship hosted by Nellis Air Force Base Feb. 12 through 15.

The team took 2nd place in the all-military invitational tournament and currently holds a record of 13 wins and two losses with eight games left to play this season.

"Our goal is to win the West Coast Regional Championship this year," said team captain Derrick D. Love, the logistics chief at Marine Aviation Logistics Squadron 11, about the tournament scheduled for this summer.

Love leads the team in rebounds and practices with them three to four times a week to prepare for the games.

"Our players are extremely dedicated to our team and make many sacrifices," said Love. "They sometimes put their other obligations on hold to practice and play, which is a major factor to our success."

The team focuses on defense,

but the skillful playing of their guards has been the key to this season, explained Love.

Lance Cpl. Edwin Richardson leads the team averaging 25 points per game, followed by Sgt. Tejuan D. Lockett, who averages 20 points per game. Love averages 15 points and 18 rebounds per game.

The team's practice regimen consists of drills, defensive sets and a variety of offensive plays which allows them to execute their strategy during the games - when they count.

"We want consistency in our defense and look to run through our offensive plays as practiced," said team coach Staff Sgt. Duane Sebastian, the operations training chief with Reserve Support Unit Air Stations West here.

The hard work and dedication from the players and their coach will hopefully lead this year's team to the title of "Best of the West" as West Coast Regional Champions which will be played here in July.

The Miramar men's basketball team holds tryouts every year in August, call Sebastian at 858-348-7595 for details.



Lance Cpl. Steven H. Posy

The Miramar men's basketball team practices here Feb. 8, before the Las Vegas West Coast Championship tournament at Nellis Air Force Base Feb. 12 through 15. The tournament consists of west coast teams from all branches of the military.

NBA stretch run sees teams retool, others look toward next season



Lance Cpl. Manuel F. Guerrero

COMBAT CORRESPONDENT

Editor's note: Lance Cpl. Guerrero is a regular contributor to the sports section of the Flight Jacket and an avid sports fan.

Last week marked the NBA trading deadline that saw teams wheeling and dealing players left and right. Yes, left and right. It was one of the most active trading deadlines in recent memory.

While some teams were retooling to the stretch run for this year's playoffs, many others were clearing cap space for a bountiful free agent class. LeBron James, Dwayne Wade, Chris Bosh, Joe Johnson and potentially Amar'e Stoudemire, if he opts out of his current deal, are on the long list of impressive 2010 free agents.

The New York Knicks were a big winner this trading deadline by setting themselves perfectly for one or two free key free agents this offseason. They traded away several players with big contracts and took the burden of Tracy McGrady's expiring contract. They now have more than \$30 million to dabble with.

The Chicago Bulls have set themselves up for a push at a big name as well. Plugging in James or Wade with Derrick Rose and Luol Deng would make the Bulls instant contenders in the Eastern Conference.

They have not seen great success since the departure of Michael Jordan. With a big splash this offseason, they can at least put together a similar playoff run.

A Bosh or Stoudemire-type player in Miami will make Wade happy and propel



them for a significant run next season. Will Wade even decide to stay in Miami though?

The five-win New Jersey Nets also have cap space to lure a big-time free agent. All they have at this point is an imminent change to Brooklyn, N.Y. and well-known rapper Jay-Z. Nets have been hitting everything but the net this season, let's see if they at least hit rim in the offseason.

Other bottom feeder teams like the Minnesota Timberwolves, Los Angeles Clippers and Washington Wizards have the cap space to also make a move. The better question is whether or not one of the top-notch free agents sacrifice wins to break the bank with one of these cellar-dweller teams.

It's quite possible that many of these marquee free agents will stay with their current clubs, but the teams with cap space will hope to lure a big catch this offseason. If they don't catch the big fish they are looking for, owners of these teams will have to answer questions on why they failed this offseason.

FRIDAY 26 SATURDAY 27 SUNDAY 28 MONDAY 1 TUESDAY 2 WEDNESDAY 3 THURSDAY 4

• **Life Skills Class**
“Developing a Spending Plan”
11:30 a.m. - 12:30 p.m.
L.I.N.K.S. House
858-577-4473

• **“Teaching as a Second Career” Presentation**
12:30 - 2:30 p.m., The Hub
877-908-3600 to register

• **Friday Night Under Lights Basketball and Volleyball**
Dusk - 1 a.m.
The Great Escape
858-577-6171

WEEKLY EVENTS...

- Sports Complex Marine Teen training Tues. & Sat. 858-577-4128/4129
- Deployment support for preschoolers, elementary and teenagers Mon. through Wed. 858-577-4588

• **PING Demo Day**
10 a.m. - 2 p.m.
Miramar Golf Course
858-511-4155 for appointment

• **9-Ball Pool Tournament for Enlisted Active Duty**
7:30 p.m.
The Great Escape
858-577-6171



MCCS free prize giveaways...

Entertainment Ticket
Office

Harbor Excursion Prize

Stop in and fill out an entry form today!

Winners will be drawn on Feb. 27.

• **Outdoor Spring Soccer Registration for 3-15 year olds**, Jan. 15 - March 19, Youth Sports, 858-577-6959 to register

• **Alcoholics Anonymous and Al-Anon Meetings**
6:30 p.m.
Counseling Center
858-577-6585



Shop at the MCX

February Furniture Savings
Feb. 10 - 28

Spring Home & Electronics Sale
Feb. 24 - March 7

• **QOL Golf: Two Hours After Twilight FREE Golf for Active Duty**
858-577-4155

• **Adecco Staffing Agency Visit**
9 a.m. - Noon
Career Resource Center
858-577-6710

• **New Parent Support Play Morning**
*see below

• **Tobacco Cessation Class (1 of 3)**
11:30 a.m. - 12:30 p.m.
Semper Fit Center
858-577-1331 to register

• **S.E.A.M.S. Meeting**
Noon - 1 p.m., The Hub
858-577-6491

• **10-Week Walking Program**
*see below

• **Intramural Spring Softball**
Mon., Wed. & Fri. at 11:15 a.m. & 12:15 a.m.
858-577-1202

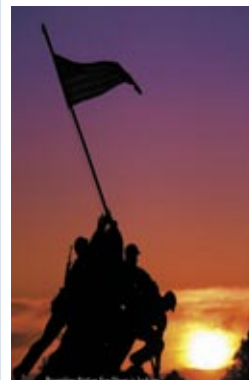
• **Walking/Running/Nutrition Clinic**
11:30 a.m. - 12:15 p.m.
Semper Fit Center
858-577-1331 to register

• **Free Golf Clinic for Active Duty**
11:30 a.m. - 1 p.m.
Golf Course
858-577-4155

• **Military Saves Financial Readiness Seminar**
*see below

• **Post 9/11 G.I. Bill Information Session**
11:30 a.m., Education Center
858-577-1801

• **Intramural Racquetball Tournament Registration Deadline**
858-577-1202 to register



“Providing over 100 programs for you and your family”



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- ★ Marine Corps Family Team Building
- ★ Semper Fit & Recreation
- ★ Free Special Events
- ★ Dining & Clubs
- ★ Shopping & Services

“Serving Those Who Serve”
www.mccsmiramar.com

New Parent Support Playmornings

Play mornings are open to all parents and children who are members of the military family (active duty, dependents, retired, reserves and Department of Defense employees). Play morning is a chance for parents and children to come together and spend time having fun and connecting with other parents and children. The play mornings meet Tuesdays at Officers' Park from 9:30 to 11 a.m. Please call 858-577-9812 for more information.

Military saves financial readiness seminar

Militaryonesource.com presents a free “Build Wealth - Not Debt” seminar on Wednesday, March 3 from 1 to 4 p.m. at the Bob Hope Theater. This event is open to active duty, reservists, retirees, family members and Department of Defense civilians. Speakers include Peter Bielagus, known as “Young America’s Financial Coach” and Kevin Boston, host of the nationally broadcast TV and radio show “Moneywise”. Arrive 30 minutes early to visit the information booth.

“Putting a spring in your step” walking program

Join Semper Fit and “put a spring in your step” while walking your way to Universal Studios in Hollywood in ten weeks. This walking program starts on Wednesday, March 3 at 9:30 a.m. at the Miramar Sports Complex. Once you complete the walk, you will be entered into a drawing for Universal Studios tickets. Call 858-577-7963 to register.



ANNOUNCEMENTS



Get help paying for child care

Visit the National Association of Child Care Resource and Referral Agencies Web site at www.naccrra.org to see information on eligibility for assistance to pay for and find child care services. Contact 1-800-424-2246 for more information.

Wounded Warrior Regiment Warrior Games

The Warrior Games will take place May 10-14, 2010, at the US Training Center in Colorado Springs, Colo. This program is designed to elevate

abilities through athletic competition for wounded, ill and injured service members. Applications will be accepted starting this month. For more information, e-mail WWRWarriorGames@usmc.mil.

ICE ready for use

The Interactive Customer Evaluation set up for Miramar is ready for use. ICE is the internet version of the “Customer Suggestion Box” and is a Web-based tool that collects feedback on services provided by installations throughout the Department of Defense. To submit

a suggestion visit the ICE Web site at <http://ice.disa.mil>.

UCSD IR/PS Masters Degree

The University of California San Diego IR/PS, has visiting hours on MCAS Miramar from 3:30 to 5 p.m. on the second and fourth Monday and Wednesday of each month. UCSD offers a one year Master of Advanced Studies in International Affairs Executive degree. For more information visit Dana Tucker at the Education Center on the above days or call her at 858-822-4398.



WHAT'S PLAYING... AT THE BOB HOPE THEATER

Fri. Feb. 26:

Up in the Air (R) 6:30 p.m.
Precious (R) 9:00 p.m.

Sat. Feb. 27:

Leap Year (PG) 6:30 p.m.
Sherlock Holmes (PG-13) 9:00 p.m.

Sun. Feb. 28:

*Alvin and the Chipmunks: The Squeakquel (PG) 1:00 p.m.
*It's Complicated (R) 6:30 p.m.

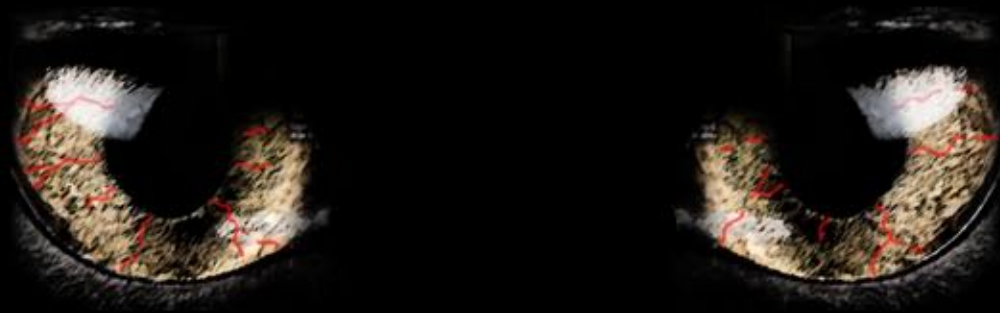
Wed. March 3:

Daybreakers (R) 6:30 p.m.

Thurs. March 4:

Leap Year (PG) 2:00 p.m.
Up in the Air (R) 6:30 p.m.

*indicates last showing



EAGLE EYES

I MEF / MCI WEST SUSPICIOUS ACTIVITY REPORTING PROGRAM

What is eagle eyes?

A program that assists with deterring, detecting, and defeating terrorist/criminal acts by recognizing and reporting pre pre-attack activities. - A global "neighborhood watch watch"

What to look for-

Surveillance- Look out for someone recording or monitoring activities on video, note taking and diagrams.

Elicitation- People or organizations attempting to gain information about military operations, capabilities or people.

Tests of security- Any attempts to measure reaction times to security breaches or penetrate physical security barriers or procedures in order to assess strengths and weaknesses.

Acquiring supplies- Purchasing or stealing explosives, weapons, ammunition, flight manuals, passes, or other controlled items.

Suspicious people who "don't belong"- Includes people out of place in the workplace, neighborhood, business establishment etc.

Dry run- Moving around according to a plan, without actually committing a terrorist act. Take note of people moving from place to place without any apparent purpose and doing it many times.

Deploying assets- Getting people and supplies into position to commit a terrorist act. Look for people loading vehicles with weaponry and explosives, or people who seem out of place standing by at a certain location as if waiting for something to happen.

IMMEDIATELY
Report Suspicious Activity
(760) 725-EYES or
763-EYES (3937)



Eagle Eyes Save Lives



START SMALL. THINK BIG.

MILITARY SAVES 2010 FINANCIAL SEMINARS

TUESDAY, MARCH 2

8-11 am

Marine Corps Recruit Depot Base Theater

1-4 pm

Naval Base Coronado Base Theater

WEDNESDAY, MARCH 3

8-11 am

Naval Base San Diego Base Theater

1-4 pm

Marine Corps Air Station Miramar
Base Theater

THURSDAY, MARCH 4

8-11 am

Marine Corps Base Camp Pendleton
Base Theater

6-8 pm

Murphy Canyon Chapel

(Childcare & refreshments provided)

For childcare, please call by February 23
to schedule: 619-556-7426

Arrive 30 minutes early to visit
information booths.

Open to all authorized patrons.

Financial Freedom can be **YOURS** - BUILD WEALTH - NOT DEBT

It's never too early (or too late) to start planning for your financial future. If you're thinking about committing to a savings plan, building credit to buy your first home or just getting out from under debt, Military Saves can help.

During the first week in March plan to attend a "Military Saves" Financial Seminar and learn how to build wealth not debt, develop a personal financial plan, establish good credit and take charge of your financial future.

"MILITARY SAVES" KEYNOTE SPEAKERS

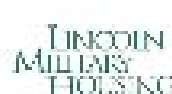
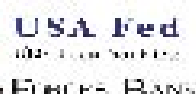
Peter G. Bielagus

Known as "Young America's Financial Coach", Peter mixes humor with real life experiences to motivate people of all ages to build wealth not debt. Hear how he started a personal financial plan, dug his way out of debt, and how you can too!



Kelvin Boston

Host of the nationally broadcast TV and radio show, "Moneywise", Kelvin talks about the key elements for saving and investing and gives audiences the tools to build credit and start on the road to financial freedom. Let him share his road map to success with you!



www.militarysaves.org

www.miramar.mil/mfsc